

# Tai Chi



## Basic and Advanced Classes

- ❖ Improve Balance & Strength of Body
- ❖ Achieve Clarity & Focus of Mind
- ❖ Gain Calmness & Lightness of Spirit

### Basic Classes

**Date:** Mondays, Starting January 9, 2017  
(10 weeks)

**Time:** Noon-12:55 p.m.

**Cost:** \$30 per participant

**Instructor:** Claudia Olson

### Advanced Classes

**Date:** Mondays, Starting January 9, 2017  
(10 weeks)

**Time:** 1:00-2:00 p.m.

**Cost:** \$40 per participant

**Instructor:** Claudia Olson



**Urbana Senior Center**  
**9020 Amelung Street, Urbana, MD 21704**  
(located on the lower level of the Urbana Regional Library)

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020  
www.FrederickCountyMD.gov/aging    Facebook: UrbanaSeniorCenter-Frederick, MD